



Mishawaka Communicator



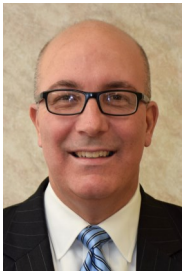
Working together to build the "Best Hometown in America" by delivering exceptional services, promoting safe and clean neighborhoods, elevating the quality of life and inspiring pride in our community.

Dave Wood, Mayor

www.mishawaka.in.gov

April 2020

A Letter from Mayor Dave Wood



COVID-19: From A City Perspective

When I began writing this article last week, it was the beginning of the Covid-19 outbreak and I felt it would be important to update our citizens and keep you informed of what is going on with this pandemic from a city perspective. Since starting this article, things have changed sometimes day by day; other times, hour by hour. Many of you receive the communicator at different times during the month of April; therefore, I am sure things will be even different from what I am writing, but I still thought it would be important for you, our citizens, to know what the city response has been at the time of this writing. I can assure you that our top priority is health and safety of our city employees

and the residents of Mishawaka while providing all necessary and critical city services that you depend on.

What is the City doing?

I have appointed Mishawaka Fire Chief Bryon Woodward and Assistant Fire Chief Brian Thomas as our "czars" to stay up to date with the ever-evolving conditions and advise me. I have also assembled a task force made up of key city staff and healthcare professionals to monitor, assess and assist me in making decisions as conditions warrant. We are meeting on a daily basis to share the most current information. We are taking guidance from Center for Disease Control, the State of Indiana, County Health Department and our own medical clinic and public safety departments and have established protocols based on their guidance. We have also developed action plans within each department to ensure that your critical services such as water, sewer, electric, EMS, Police, Fire, etc. will function uninterrupted despite the possibility of reduced staff.

As a City, we have established protocols for additional building/equipment cleaning/disinfection. We have taken steps to limit employee and public interaction. We have cancelled or postponed all events on City owned properties and non-essential group meetings/activities. All City facilities, including utilities, the Battell Community Center, Eberhart Golf Course, all public restrooms and all park playgrounds have been closed from March 25th until April 7th in order to comply with Governor Holcomb's "stay at home" order that was put into place. We are working to develop new Human Resource policies for city employees and are working with our County, State, and Federal officials on identifying needs and potential emergency funding. As we obtain new or updated information, it will be posted on our City website which will serve as a valuable resource and clearing house for FACTUAL information relevant to you. We know that there is a lot of information out there and we think that there is value in providing you with up to the minute, professionally reviewed information in a way that is conveniently located in one location as a resource for you at <http://www.mishawaka.in.gov/covid19>.

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UPCOMING EVENTS

Apr 10 Good Friday
City Offices Closed
May 25 Memorial Day
City Offices Closed

MILITARY HOMETOWN HEROES BANNER PROGRAM

For more information or to purchase a banner, visit
<http://mishawaka.in.gov/military-hometown-heroes>

ONLINE ACCESS

<http://mishawaka.in.gov>
 <http://facebook.com/cityofmishawaka>
 <http://mishawaka.in.gov/communicator>
 <http://mishawaka.in.gov/parksandrecreation>
 <https://twitter.com/MishawakaMayor>
 <https://instagram.com/MishawakaMayor/>

Control Your Blood Sugar

Health Information from Saint Joseph Health System

High blood glucose, or sugar, can lead to diabetes and a host of other ailments. "Too much glucose in the blood can, over time, cause heart disease, nerve damage, eye problems and kidney disease," according to Dr. Nathaniel Stewart, primary care provider at River Park Family Medicine in South Bend. You can take steps to keep your blood sugar under control.

- Increase your consumption of whole grains, nuts, legumes, fruit and non-starchy vegetables. Reduce or eliminate foods with added fats, sugars or sodium, white rice, white bread, meats, high-fat dairy products and oils.
- Limit alcoholic beverages. Don't drink on an empty stomach, drink slowly and avoid sugary liqueurs, sweet and dessert wines.
- Small meals spaced throughout the day can help prevent spikes in blood sugar. Try to eat about the same amount of food each day, at about the same times.
- Aim to be physically active for 30 minutes a day. Regular physical activity helps cells take up glucose and lowers blood sugar.
- Learn to manage stress with meditation, yoga, walks, deep breathing or enjoyable hobbies. Ask for help from a friend, counselor, family or clergy member.
- Smoking raises blood sugar and may make your body more resistant to insulin, which regulates blood glucose levels. For help quitting, call (574) 335-4684 to learn more about the Freedom From Smoking program.

To learn more, visit ThisCounts.org

Send your questions, comments, or concerns to communicator_feedback@mishawaka.in.gov

A Letter from Mayor Dave Wood *(continued)*

What to do if you think you have COVID-19

First, contact your doctor regarding your symptoms as soon as you notice them. They are your best source for practical information and guidance. Many facilities have set up remote testing areas. Because this virus is very contagious, separate testing areas help to keep everyone safer. Please call first if you are able and read the directional signs that are located at doorways. Remember, if you are experiencing severe symptoms related to COVID-19 such as inability to breathe, you should go directly to the hospital or call 911.

It is also important to remember that contracting the COVID-19 virus is low risk for developing severe complications. In fact, it is estimated that 80% of those who contract the virus have either mild or no symptoms. Most of the population will not be affected (or only mildly affected) as the virus runs its course. A current misconception is that this virus only seriously impacts older individuals. There are many young people that have been hospitalized with this, and although the mortality rate is higher for older people with underlying health issues, no one is immune or out of danger.

As has been mentioned everywhere, there are standard precautions we should all take. These are common precautions that should be taken every day and not only during an emergency pandemic:

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

What can I do?

We know this is difficult on many levels. You may be out of work. The kids could be home and in need of attention. You might have an existing health condition that makes you more vulnerable. You might not be capable of paying your bills and are worried about the consequences. The first thing we want you to do is not to panic. At the city level, I am asking you to use common sense for your daily activities. Stay at home unless you have essential travel as outlined in Governor Holcomb's mandate. If you are a teenager and a group of people are trying to get together at a friend's house, don't go. If it is a nice day and you want to go for a walk, great. Just practice social distancing. If CDC standards can be reasonably met, you can still do things to maintain your mental health. If you can hold off on going to the store, and you see that there is a big crowd, hold off. If you are in a risk group, plan to have a friend pick up a needed prescription.

At this time of crisis, I ask each of you to do your best to support one another. If you are capable of helping someone else safely, please do. If you are older and in poor health, do not feel bad if you need to ask a neighbor for help. You are actually helping all of us by keeping yourself well. Be kind to one another, believe it or not, there are increased domestic calls to Police in times like this. Do your best to help our first responders by helping to take care of yourself and your families.

I have to send my deepest appreciation to city employees who have demonstrated teamwork, dedication and compassion during this unprecedented time. I also want to thank our first responders and those that have chosen to work in the medical profession. We need you now more than ever and I couldn't be prouder of the dedication and selflessness that I see every day.

I have confidence in you, the citizens of Mishawaka, to answer the call, to rise above these circumstances and to be THE example of what a community that comes together looks like. There is no one that I'd rather confront this with than the great people of Mishawaka. We shall meet these challenges head on and we shall rise above together, just as we always have in the Princess City.

Yours in Mishawaka,



RECYCLING INFORMATION

Once you put TRASH into your RECYCLING container it becomes CONTAMINATED and ALL of the product in the recycling container becomes trash! Following is a list of acceptable and unacceptable items for recycling .

Acceptable as Recyclables

- Plastics #1 thru #5, #7
- Cereal boxes WITHOUT bags
- Catalogs & magazines
- Telephone & soft back books
- Glass containers (must be washed)
- Mixed paper, newspapers/inserts & junk mail
- Cardboard
- Aluminum trays & foil (must be clean)
- Aluminum & tin cans (must be washed)
- Buckets, pails, flower trays & shrub pots

Unacceptable as Recyclables

- Coat Hangers, PVC pipes & Plastic Wrap
- Food residue, garbage, yard waste & leaves
- Scrap metal, knives & aerosol cans
- Styrofoam (including egg cartons)
- Ceramics & Clothing
- Medical Waste including needles/syringes
- Plastic bags including grocery bags
- Contaminated paper products: used paper plates, pizza boxes, birthday cake or donut boxes, mylar gift wrap, wax paper, waxed or coated cardboard boxes
- NO used paper towel, napkins & toilet paper